

<u>March Trips 2008 (Call for availability)</u>		Gulfstream Race Track *Our group’s seats are located up one flight of stairs. Date: Friday, 4/18 Time: 11:00 am – 5:00 pm Fee: Members \$5 / Guests \$7 Program #: 480833A	
Stagedoor Theatre “Baby” & Flaming Pit Date & Time: Thursday, 3/6, 3:30 pm – 11:00 pm Fee: Members \$48 / Guests \$50 Program #380839A		Elliot Museum, lunch at the Courtyard & Antique Row Enjoy unique inventions & vintage cars, lunch & browsing at Stuart's Antique Row. Date: Tuesday, 4/22 Time: 8:15 am - 4:00 pm Fee: Members \$32 / Guests \$34 Program #: 480841A	
Tamarac Theatre “ They’re Playing our Song” Date & Time: Saturday, 3/15, 1:00 pm – 5:00 pm Fee: Members \$18 / Guests \$20 Program #380839B		<u>May Trips 2008</u> Tickets on Sale: Members 4/4, Non-Members 4/11	
Broward Center Performing Arts - “Wicked” Date & Time: 3/19, 7:00 pm – 11:00 pm <i>Date Reminder Only:</i> Sold out		Broward on Broadway “How to Succeed in Business Without Really Trying” This musical comedy shows us how you can truly get ahead without trying in the business world. Date: Saturday, 5/3 Time: 12:00 pm – 4:00 pm Fee: Members \$10 / Guests \$12 Program #: 480839A	
Gulfstream Race Track *Our group’s seats are located up one flight of stairs. Date & Time: Friday, 3/28, 11:00 am – 5:00 pm Fee: Members \$5 / Guests \$7 Program #380833C		Verdi’s & Stagedoor “Starting Here & Now” This is love affair between music & its audience....Journey through contemporary relationships to hysterical husband hunting to comments on trendy marriages. Date: Thursday, 5/8 Time: 4:00 pm – 11:00 pm Fee: Members \$48 / Guests \$50 Program #: 480839B	
Marlins vs. Yankees Game Date: Saturday, 3/29 Time: 4:30 pm – 10:00 pm Cost: Members \$35 / Guests \$37 Program: 480843A		Gallery 5 & Crab House Restaurant Enjoy a live fashion show with hot new styles...afterwards, browse & affordably shop the showroom. Date: Monday, 5/12 Time: 8:00 am – 3:00 pm Fee: Members \$30 / Guests \$32 Program #: 480842A	
<u>April Trips 2008</u> Tickets on Sale: Members 3/7, Non- Members 3/14			
Bubba Gump & Actors Playhouse “Footloose” Date: Thursday, 4/3 Time: 3:30 pm – 11:00 pm Fee: Members \$52 / Guests \$ 54 Program #: 480843A			
Laffing Matterz Dining and a hilarious satire show. Date: Wednesday, 4/9 Time: 5:30 pm – 11:00 pm Fee: Members \$52 / Guests \$54 Program #: 480838A			

MARCH/APRIL 2008	10650 West Oakland Park Boulevard 954-746-3670 www.sunrisefl.gov
------------------	--

SUNRISE SENIOR CENTER	
The Senior Center is closed on Saturday and Sunday.	
ACTIVITIES	

Special Events, Seminars & Classes	
------------------------------------	--

AARP SAFETY DRIVER COURSE Time: 9:00 am – 1:00 pm Fee: Bring \$10 check to class (made payable to AARP) Dates: Wednesday, 3/19 & Thursday, 3/20 Program #380853C Registration Begins: Members 2/1 & Non-Members 2/8 Dates: Wednesday, 4/16 & Thursday, 4/17 Program #480853A Registration Begins: Members 3/3 & Non-Members 3/10 Dates: Wednesday, 5/14 & Thursday, 5/15 Program #480853B Registration Begins: Members 4/1, Non-Members 4/8	COMPUTERS These classes are for Sunrise residents who are Senior Center members, over the age of 62. Fee: Free Beginners Classes Dates: Tuesdays, 4/8 - 5/13 Time: 1:00 pm - 3:00 pm OR 6:30 pm - 8:30 pm Program: # 380802A (afternoon) #380802B (evening) Registration Begins: 3/3 Intermediate Classes Dates: Tuesdays, 4/9 - 5/14 Time: 1:30 pm - 3:30 pm Program: # 480820A Registration Begins: 3/3 Open Computer Lab Dates: Tuesdays Time: 9:30 pm – 11:00 pm Program: # 180806A (register once/year) Registration: Ongoing
---	--

BEADING This class is available to Senior Center members only. Participants must bring their own materials & tools. Materials list will be available at the front desk. Day/Times: Mondays, 12:30 pm – 2:30 pm or Tuesdays, 6:00 pm - 8:00 pm (2 classes/month) Fee: No Charge Earrings (March) Dates: Days 3/3 – 3/31, Evenings 3/4 & 3/11 Program: #380805C (day) #380812C (evening) Registration Begins: 2/1 Earrings (April) Dates: Days 4/7 – 4/28, Evenings 4/1 & 4/8 Program: #480805A (day) #480812A (evening) Registration Begins: 3/3 Square Bracelet (May) Dates: Days 5/5 – 5/19, Evenings 5/6 & 5/13 Program: #480805B (day) #480812B (evening) Registration Begins: 4/1	CULINARY CORNER Make recipes that are simple, healthy & low fat. The class is geared toward microwave cooking for one. Time: 1:30 pm – 3:30 pm Fee: Members \$5 / Guests \$7
---	--


Sunrise Senior Center
10650 W. Oakland Park Blvd.
Sunrise, FL 33351
www.sunrisefl.gov

PRSRT STD
US POSTAGE PAID
FT. LAUD. FL
PERMIT NO. 825

March Trips 2008 (Call for availability)

Stagedoor Theatre “Baby” & Flaming Pit
Date & Time: Thursday, 3/6, 3:30 pm – 11:00 pm
Fee: Members \$48 / Guests \$50
Program #380839A

Tamarac Theatre “ They’re Playing our Song”
Date & Time: Saturday, 3/15, 1:00 pm – 5:00 pm
Fee: Members \$18 / Guests \$20
Program #380839B

Broward Center Performing Arts - “Wicked”
Date & Time: 3/19, 7:00 pm – 11:00 pm
Date Reminder Only: Sold out

Gulfstream Race Track
*Our group’s seats are located up one flight of stairs.
Date & Time: Friday, 3/28, 11:00 am – 5:00 pm
Fee: Members \$5 / Guests \$7
Program #380833C

Marlins vs. Yankees Game
Date: Saturday, 3/29
Time: 4:30 pm – 10:00 pm
Cost: Members \$35 / Guests \$37
Program: 480843A

April Trips 2008

Tickets on Sale: Members 3/7, Non- Members 3/14

Bubba Gump & Actors Playhouse “Footloose”
Date: Thursday, 4/3
Time: 3:30 pm – 11:00 pm
Fee: Members \$52 / Guests \$ 54
Program #: 480843A

Laffing Matterz
Dining and a hilarious satire show.
Date: Wednesday, 4/9
Time: 5:30 pm – 11:00 pm
Fee: Members \$52 / Guests \$54
Program #: 480838A

Gulfstream Race Track
*Our group’s seats are located up one flight of stairs.
Date: Friday, 4/18
Time: 11:00 am – 5:00 pm
Fee: Members \$5 / Guests \$7
Program #: 480833A

Elliot Museum, lunch at the Courtyard & Antique Row
Enjoy unique inventions & vintage cars, lunch & browsing at Stuart's Antique Row.
Date: Tuesday, 4/22
Time: 8:15 am - 4:00 pm
Fee: Members \$32 / Guests \$34
Program #: 480841A

May Trips 2008

Tickets on Sale: Members 4/4, Non-Members 4/11

Broward on Broadway “How to Succeed in Business Without Really Trying”
This musical comedy shows us how you can truly get ahead without trying in the business world.
Date: Saturday, 5/3
Time: 12:00 pm – 4:00 pm
Fee: Members \$10 / Guests \$12
Program #: 480839A

Verdi’s & Stagedoor “Starting Here & Now”
This is love affair between music & its audience...Journey through contemporary relationships to hysterical husband hunting to comments on trendy marriages.
Date: Thursday, 5/8
Time: 4:00 pm – 11:00 pm
Fee: Members \$48 / Guests \$50
Program #: 480839B

Gallery 5 & Crab House Restaurant
Enjoy a live fashion show with hot new styles...afterwards, browse & affordably shop the showroom.
Date: Monday, 5/12
Time: 8:00 am – 3:00 pm
Fee: Members \$30 / Guests \$32
Program #: 480842A

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TRIP & TICKET POLICIES – Note Changes
<p>9:00 a.m. - 10:30 a.m. Sunrise Woodcarvers Arts & Crafts Room</p> <p>9:30 a.m. - 10:30 a.m. Striders Club Lobby</p> <p>9:30 a.m. - 10:30 a.m. Senior Jazzercise Burgundy Room A</p> <p>9:30 a.m. - 12:00 p.m. Open Gametime Burgundy Room B</p> <p>12:30 p.m. - 2:30 p.m. Beading Class Burgundy Room B</p> <p>1:30 p.m. – 3:30 p.m. Open Craft Class Arts & Crafts Room Program #180801A</p> <p>2:30 p.m. – 4:30 p.m. Monday Dance Mixer Burgundy Room A & B</p>	<p>9:00 a.m. - 9:30 a.m. Tai Chi Burgundy Room A Program #180858A</p> <p>9:00 a.m. - 12:00 p.m. Mah Jongg Class – Burgundy Room B Program #180809A</p> <p>9:30 a.m. - 10:30 a.m. Senior Aerobics Burgundy Room A Program #180857A</p> <p>9:30 a.m. - 11:00 a.m. Open Computer Lab Classroom Program #180806A</p> <p>1:00 p.m. - 3:00 p.m. Beginners Computer Class Classroom</p> <p><i>Special Evening Hours</i> 6:00 p.m. - 9:00 p.m. Open Game Room</p> <p>6:00 p.m. - 9:00 p.m. Woodcarving Arts & Crafts Room</p> <p>6:30 p.m. - 8:30 p.m. Beginners Computer Class Classroom</p> <p>6:30 p.m. - 8:30 pm Beading Class Burgundy Room B Varied Dates - See front page</p>	<p>9:30 a.m. - 10:30 a.m. Senior Jazzercise Burgundy Room A</p> <p>9:30 a.m. - 10:30 a.m. Striders Club Lobby</p> <p>9:30 a.m. - 12:00 p.m. Senior Bowling League Strikers Lanes</p> <p>11:30 a.m. - 12:30 p.m. Laughter Club (1st & 3rd Wed.) Burgundy Room B</p> <p>12:30 p.m. - 3:30 p.m. Bridge (Open Play) Burgundy Room A</p> <p>1:00 p.m. – 3:00 p.m. Intermediate Computers Classroom</p> <p>1:30 p.m. – 3:30 p.m. Intermediate Painting Arts & Crafts Room</p> <p>3:00 p.m. - 4:30 p.m. Singles Club Burgundy Room B</p>	<p>9:30 a.m. - 11:00 a.m. Bereavement Support Group Classroom</p> <p>10:00 a.m. – 11:30 a.m. Coupon Club Senior Center Library</p> <p>10:00 a.m. - 12:00 p.m. Line Dancing Burgundy Room A</p> <p>12:30 p.m. -3:30 p.m. Open Gametime Burgundy Room B</p> <p>12:30 p.m. – 4:00 p.m. Non-Sanctioned Duplicate Bridge Burgundy Room A</p> <p>1:00 p.m. - 3:00 p.m. Sewing Creations Arts & Crafts Room Program #180858B</p>	<p>9:00 a.m. - 9:30 a.m. Tai Chi Burgundy Room A Program #180858A</p> <p>9:30 a.m. - 10:30 a.m. Stretchersize & Hand Weight Training Burgundy Room A Program #180856A</p> <p>10:30 a.m. - 12:30 a.m. Pan Lessons Arts & Crafts Room</p> <p>1:00 p.m. - 2:30 p.m. Choral Group Burgundy Room A Program #180827A</p> <p>1:00 p.m. - 2:30 p.m. Bingo Burgundy Room B</p> <p>1:30 p.m. – 3:30 p.m. Beginning Painting Arts & Crafts Room</p>	<ul style="list-style-type: none">When purchasing tickets, please indicate the full name, <u>and birth date and phone number</u> of your guest.If you require wheelchair accommodations for a trip, you must inform us at sign up time. <u>(Be sure this is noted on your registration form)</u>When you are called about a food choice for a trip, you must return the call within 2-3 days; otherwise a choice will be made for you. No changes can be made 7 days prior to the trip or at the restaurants.No changes can be made 7 days prior to the trip or at the restaurants.Trips departing before 3:30 p.m. leave from the Civic Center east parking lotIf you purchase a ticket and later sell or give it to someone, you must contact a Senior Center staff member to make a name change on our master roster.A Group Leader is available on most trips. In their absence, the Bus Driver will act as Group Leader. The Group Leader checks all participants in and assists in providing you with the best possible experience.Please occupy the same bus seat on the way to and from an event.Members MUST be present to purchase tickets. You may, however, buy a ticket for a member who resides in the same household as you, provided you present their I.D. card.You may purchase one additional ticket (at the higher guest price) for each member ticket purchased. Two tickets maximum per person.No tickets will be sold before the published sale date. Sales commence at 9:00 a.m.Current I.D. cards must be presented for any transaction.Non-members may purchase tickets, based on availability, at a later date. Check with the front desk for open sale dates.No membership renewals or new members will be accepted on the morning of ticket sales.Refund Policy: The City reserves the right to retain fees to cover expenses non-refundable to the City.
<p><u>Monday Classic Movies</u> New Time at 11:30 am</p> <p>3/3 <u>Dakota Incident</u> Dale Robertson, Linda Darnell</p> <p>3/10 <u>The Half Breed</u> Robert Young, Janis Carter</p> <p>3/17 <u>The Quick & the Dead</u> Sharon Stone & Gene Hackman</p> <p>3/24 <u>Romance on the Sea</u> Jack Carson, Doris Day</p> <p>3/31 <u>City of Bad Men</u> Dale Robertson, Jeanne Crain</p> <p>4/7 <u>Gun Belt</u> George Montgomery, Helen Westcott</p> <p>4/14 <u>The Desert Fox</u> Janias Mason, Jessica Tandy</p> <p>4/21 <u>What Lies Beneath</u> Harrison Ford, Michelle Pfeiffer</p> <p>4/28 <u>That Touch of Mink</u> Cary Grant, Doris Day</p>	<p><u>Tuesday New Release Movies</u> 12:00 Noon & 6:00 pm</p> <p>3/4 <u>Heartbreak Kid</u> Ben Stiller, Jerry Stiller 2 Hrs, (Rated R)</p> <p>3/11 <u>Two Weeks</u> Sally Field, Tom Cavanaugh 1 Hr, 40 min (Rated R)</p> <p>3/18 <u>Shattered</u> Pierce Brosnan 1 Hr, 40 min (Rated R)</p> <p>3/25 <u>3:10 to Yuma</u> Russell Crowe 2 hrs (Rated R)</p>	<p><u>Tuesday New Movies (con't.)</u></p> <p>4/1 <u>The Kingdom</u> Jamie Foxx, Jennifer Garner 1 hr 50min (Rated R)</p> <p>4/8 <u>National Treasure: Book of Secrets</u> Nicolas Cage, Jon Voight 2 Hrs, 10 min (Rated PG)</p> <p>4/15 <u>La Vie en Rose</u> Marion Cotillard (Subtitles) 1 Hr, 41 min (Rated PG-13)</p> <p>4/22 <u>Suburban Girl</u> Sarah Gellar, Alec Baldwin 1 Hr, 40 min (Rated PG-13)</p> <p>4/29 <u>Home of the Brave</u> Samuel Jackson, Jessica Biel 1 Hr, 45 min (Rated R)</p>	<p>OLDER AMERICAN MONTH BIRTHDAY BASH</p> <p>Join us to celebrate your birthday! Enjoy entertainment, a light lunch, cake & much more. If you are a Sunrise resident and 100 years young a special treat is in store for you.</p> <p>Date: Wednesday, May 7 Time: 2:00 pm – 4:00 pm Fee: Members \$8 Guests \$10 Program #480822A Registration Begins: 4/4 (at April Ticket Sale)</p> <p>SAVE THESE DATES...</p> <p>Older American Month Line Dance Workshop Date/Time: May 15, 10:00 am – 12:00 pm</p> <p>Older American/National Laughter Month Sunrise Laughter Event Date/Time: May 21, 11:30 am – 12:30 pm</p> <p>Older American Month Choral Concert Date/Time: May 23, 1:30 pm – 2:30 pm</p>		

SUNRISE SENIOR CENTER

The Senior Center is closed on Saturday and Sunday.

ACTIVITIES

Special Events, Seminars & Classes

DUPLICATE BRIDGE GAME (NON-SANCTIONED)

Date: Every Thursday

Time: 12:30 pm - 4:00 pm

Fee: No Charge

Registration: Walk-ins Welcome

GREEN THUMBS

Classes taught by Horticulture Therapist Robert Bornstein.

Time: 10:30 am - 11:30 am

Fee: Members \$1 / Guests \$3

Secret Woods Field Trip (March)

Departs from Sunrise Civic Center at 9:45 am.

Date: Wednesday, 3/26

Program #380815C

Registration Begins: 2/1

Seashell Flower Craft (April)

Date: Wednesday, 4/23

Program #480815A

Registration Begins: 3/3

Pressed Flower Wall Plaques (May)

Date: Wednesday, 5/28

Program #480815B

Registration Begins: 4/1

LUNCH BUNCH

Come and enjoy a kosher hot dog with all the trimmings and a cold beverage. This event is available for Senior Center members only.

Date: Friday, 4/25,

Time: 11:30 am

Fee: Members \$2

Program #480807A

Registration Begins: 3/3

MAMMOVAN

Baseline mammography is recommended for women between the ages of 35-40 & then a routine annual mammography every year after the age of 40. A mobile mammography unit from Broward Health will be here to provide routine mammography screening for people ages 35 and up. The exam fee is \$58.00 and they will accept insurance coverage for payment (no HMO's please). Please call (954) 746-3670 for an appointment or for further information.

Dates: Tuesdays, 3/11, 4/8 or 5/13

Time: Morning Hours

MONDAY MIXER

Join us for the "Monday Dance Mixer" with refreshments and new entertainment! Sign up one week in advance for our 4:30 pm shuttle home (drop-off within Sunrise only, fee: .25 cents)

Dates: Every Monday

Time: 2:30 pm - 4:30 pm

Fee: No Charge

Registration: Walk-ins Welcome

OSTEOPOROSIS SCREENINGS

The Florida Department of Elder Affairs is providing free bone density scans for Seniors 60+ years old who did not receive a free screening from this program last year. An appointment is required.

Dates: Friday, 3/7

Time: 9:00 am - 12:00 pm

Registration: Call for available space

PAINTING CLASSES

Learn techniques to perfect your skills. Bring your own supplies.

Fee: Members \$10 / Non-members \$12

Time: 1:30 pm - 3:30 pm

Beginners Painting

Dates: Fridays, 4/11 - 5/16

Program #480811A

Registration Begins: 3/3

Intermediate Painting

Dates: Wednesdays, 4/9 - 5/14

Program #480820A

Registration Begins: 3/3



SUNRISE SENIOR CENTER

The Senior Center is closed on Saturday and Sunday.

ACTIVITIES

Special Events, Seminars & Classes

SENIOR JAZZERCISE

A trained instructor leads "Seniors Only" class.

Date: Mondays & Wednesdays, 3/10 - 4/30

Time: 9:30 am - 10:30 am

Fee: \$44/ 8 wk class or \$12/ daily paid to instructor

Registration: Sign up now at the front desk

SEWING CREATIONS

Learn how to sew & use basic stitches to complete projects. Members must bring their own materials.

Day/Time: Thursdays, 1:00 pm - 3:00 pm

Fee: No Charge

Program #180819A (register once/year)

Registration: Sign up now at the front desk

WOODCARVING

Let us introduce you to carving and help develop your talent. Members pay for their own tools and materials. Volunteer instructors are available.

Day/Time: Mondays, 9:00 am - 10:30 am or

Tuesdays, 6:00 pm - 9:00 pm

Fee: No Charge

Registration: Walk-ins Welcome

Community Support Services

SOCIAL SERVICES

The Special and Community Support Division provides information and referral regarding available federal, state, and county social service programs. Our social worker can assist with information regarding Food Stamps, assisted living and nursing home criteria, Medicare, Medicaid, HMO & Medigap Insurance. An emergency food bank and medical equipment loan-out is also available. For further information, contact the social worker at (954) 746-3670. Outreach is available for homebound residents

FOOD PANTRY

A food pantry stocked with canned goods is available for Sunrise residents who may need temporary assistance due to loss of employment or other financial issues. For further information, contact City of Sunrise Social Worker.

MINIBUS TRANSPORTATION

Are you aware that the City of Sunrise maintains its own bus services? Minibus routes operate daily picking up passengers from residential areas and transporting them to major shopping centers within the City of Sunrise, to the Senior Center and the Sunrise Civic Center/Athletic Club. The cost is only 25¢ per ride! Buses are in service Monday - Friday from 8:00 am until 2:45 pm please call the Sunrise Senior Center at 954-746-3677 to obtain schedules or for more details.

NON-EMERGENCY MEDICAL TRANSPORTATION PROGRAM

Are you a Sunrise resident? Are you 62 years of age or older or physically handicapped? Do you no longer drive or maintain a vehicle in your immediate household? Do you have a problem finding reliable, inexpensive transportation to doctors, dentists and other medical appointments? Call for further information or to request an application form.

PROPERTY TAX EXEMPTION ASSISTANCE

The Broward County Property Appraiser's office will offer taxpayers help applying for homestead and other property tax exemptions. Applicants must bring a Florida driver's license or ID card; a Broward voter registration or a declaration of domicile; Social Security numbers of all owners; and a copy of the recorded deed or a copy of a tax bill. Resident aliens must bring a permanent resident green card or proof of asylum. Residents also can apply for the widow/widower, disability/veteran's disability, and senior's additional exemptions.

Dates: Fridays, 2/8, 4/11, 5/9

Time: 10:00 am - 11:30 am

Registration: Walk-ins Welcome

